Increase Communication:

- Avoid over-generalizing. Beware of statements like, "You never pay attention to me." Instead, make specific requests like, "Could we spend an hour together soon?"
- Avoid finger-pointing. Instead of blaming the other person, focus on how you feel with an "I" statement such as, "I feel upset when you come home and just read the newspaper."
- Find groups and spaces that make you feel supported.
- Limit your time and the energy you put into friendships that seem unhealthy if communication does not work to improve them.

Identify Stressful/Unhealthy Friendship:

- In a unhealthy friendships you:
  - Feel pressured to adapt who you are when you are around the other person
  - Feel afraid to assert yourself and express your wants with that person
  - Feel obligated to be there for that person regardless of whether you want to or not
  - Have a lack of privacy, and may be forced to share everything with the other person
  - Arguments end unfairly where you have to apologize take responsibility for everything
  - Your words and actions are taken out of context and you have to explain and justify yourself
  - Experience blame and judgment from the person when they have little regard for their own behavior
  - They need constant reassurance and praise in order to be happy
  - Rarely receive praise from them and often feel they are competing or intimidated with your success
  - When you need support, they are rarely there for you and seem impatient with your struggle
  - Will take more then they give.